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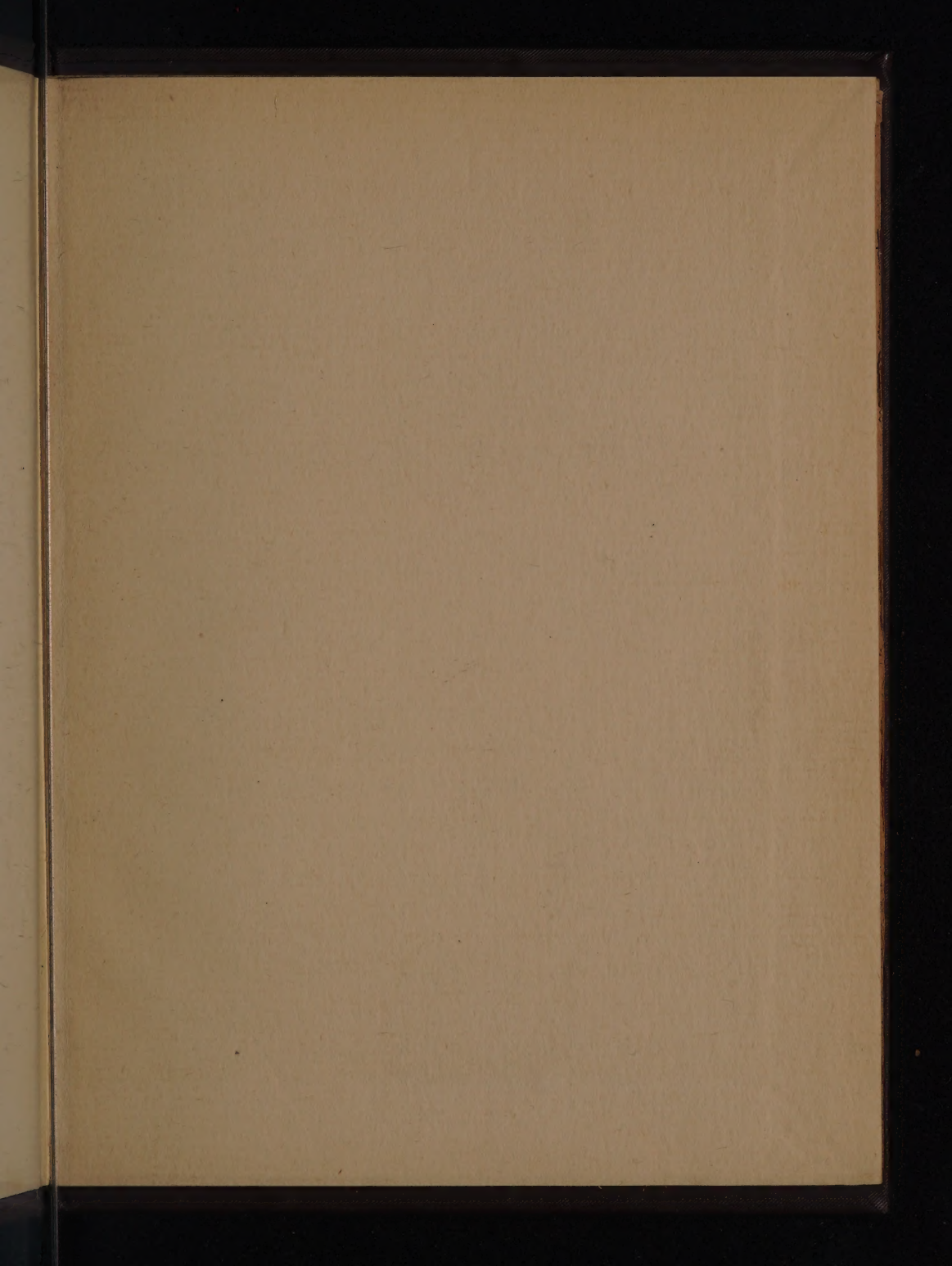
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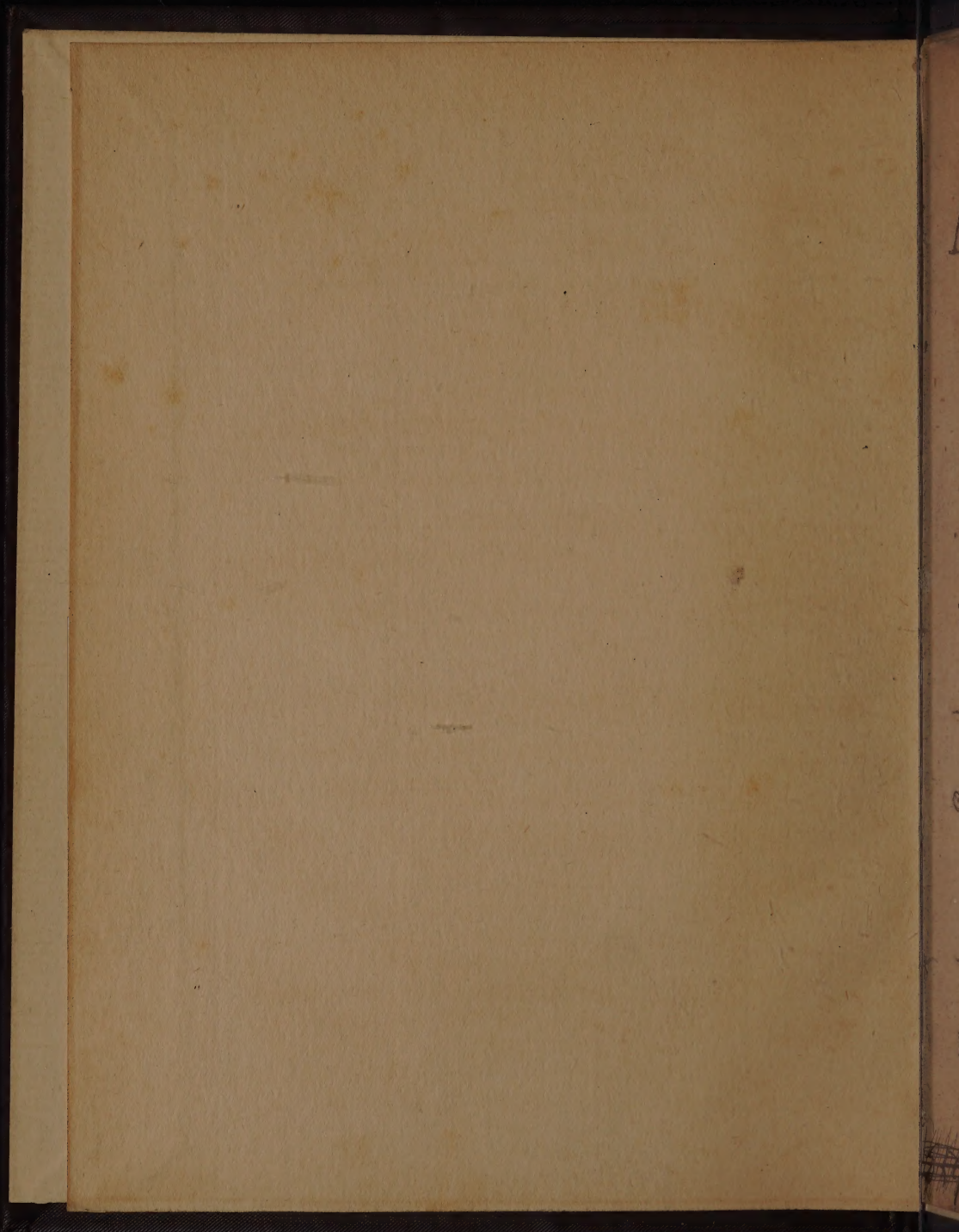
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65310  
Especiall Obseruations, —/—

AND

# APPROVED

PHYSICALL RVLES;

which haue (heretofore) beene well

Tried and Experienced, in the last  
heauy and gricuous time of  
the Pestilence.

AND,

Vpon the Good and Benefit then ensuing by it:  
thought meete to bee now Published, in  
this dangerous Contagion of the  
Plague.

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SERVING

*As soueraigne Antidotes, for preservation*  
of all such as are not Infected; as also  
for them that bee already  
Visited.

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LONDON,

Printed by B. Alsop and T. Fawcet, by the assignes  
of R.B. and are to be sold at their House in Grubstreet,  
neere vnto the lower Pumpe, 1625.

*[Handwritten signature]*



APPROVED

PHYSICAL REVIEWS

which have (heretofore) been

and are now, in the

present and growing state of

the world.

AND

upon the Good and Beautiful

through more to be now published in

the English Language.

SERVING

of all such as are not infected; as also

for them that are already

infected.

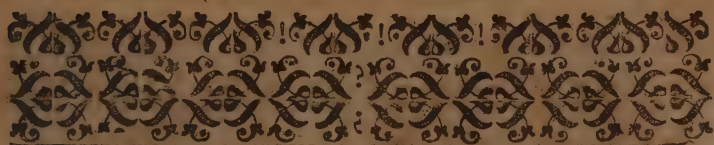
LONDON,

Printed by B. A. and J. F. at the Sign of

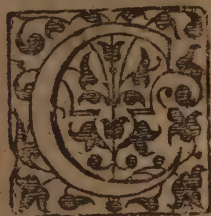
the Crown, and are to be had at their House in Great

Street, near the Tower Bridge, 1827.





## THE READERS DIRECTION.



Concerning this smal Treatise (gentle Reader) it hath beene entertained and allowed by very good Iudgements, both such as haue beene deeply read in Physicke and Chyrurgerie, and haue made perfect experience, both in the Receits and Applications. Former times (of like fearefull Visitation) haue found them sollidly approued, euen vpon their best friends and familiars, whose welfare they tendered as their owne. Yet I am not so rash or indiscreet, as to affirme these

A 2                      aduises



*The Readers Direction.*

aduises of more securitie, then either  
G O D s assisting Grace, or Mens best  
Practise may giue a blessing to. One-  
ly this time of vrgent necessitie, occa-  
sioneth the publishing for generall be-  
nefit : *Paul* may plant, *Apollo* may  
water ; but G O D onely is the  
ground, that giueth Grace  
and successe.

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*Farewell.*

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ESPE-

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ESPECIALL  
OBSERVATIONS, FIT TO  
BE VSED IN THE TIME  
OF PLAGVE AND  
PESTILENCE.

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*with certaine Rules and good instructions, to be observed  
against the Plague, &c.*



OR as much as the force and infection of the disease called the Plague or Pestilence, hath heretofore bene too well knowne, and now at this time is too fiercely felt in diuers and sundry places of this Kingdome, and for that diuers Cities, Townes, and other places of this Realme, haue bene so grieuously vexed therewith : therefore (according to my simple skill and knowledge therein ) I haue thought good to publish and make knowne vnto all, aswell such Preseruatiues as are good to be vsed, obserued and kept by all sorts of people for the auoyding of the same disease, being greatly infectious, and easily taken diuers and sundry waies : as also for the better preseruatiue of those that are in health, from the infection of the disease, and to cure and order those that are any way infected or grieued with the same : and therefore

B

these



## Especiall Observations

these things following, ought chiefly to be regarded, and faithfully observed in all respects. (Viz.)

1. To keepe your Houses, Pardes, Backsides, Strætes, and Channells cleane from all standing puddles, dung-hills, and corrupt moistures, which ingender stinking and filthy saours that be noysome, or may breed infection.

2 To suffer no Dogs nor Cats to come into your houses, nor to keepe any your selues, (except you dwell in some open place of the Ayre) for they be very dangerous, and most apt (of any kind of thing) to take infection of sicknesse, and to bring it home to their maisters house; by reason that they run from place to place, and from one house to another, continually feeding vpon the uncleanest things that are cast forth into the stræts.

3 To ayye your rooms (generally) with Char-cole fire, made in stone pans, or Chafing dishes, and not in Chimneys; but as you can set your pans in the midst of the Roome, and besure to ayye euery roome twice a weeke at the least, and put into your fire, a little Frankenscence, Iuniper, dyed Rosemary or Bay-leaves, Sage and Lauender.

4 To wash your linnen often, and to ayye your Wollen in the Sun, or ouer pans of fire, or ouer a Chafing-dish of Coales, and to fume the same either with Frankenscence, dyed Rosemary, Iuniper, and Bay-leaves.

5 To smell to the Rote of Enula Campana, steeped in white Wine Vinegar, and wrapped in a handkercher, or else to Hearb-grace, and Wormewood steeped in Vinegar, and carried either in the kind of a Lemmon, or in some thing (made for that purpose close kept: Also powder of Enula Campana rotes in drinke, or hanged about your neck, or else chewed in your mouth is good. To eate or chew in your mouth either the rotes of Angelica, Setwall, Gentian, Valerian, Cinamon, or the rotes of Aras, and to vse euery morning fasting to eate Sorrell steeped in Vinegar, with a little bread and butter; or if vinegar be scarce, then with Sorrell sauce. Also to eat a kernell of a Walnut mirt with 5. or 6. leaues of  
Herbegrace.



## against the Plague and Pestilence.

Herbegrace, and a cozne oꝛ two of Salt, put altogether in to a Fig warmed, and eaten fasting twice oꝛ thrice a weeke, and to fast thre houres after it.

6 To comfort the stomack, often with an Alebery made of Cloues, Mace, Nutmegs, Saunders, Genny Greines, and such like.

7 To drinke Rue, Wormewood and Scabious, steep't in Ale a whole night, in the morning fasting: (also to take the Rootes of Enula Campana beaten together and drinke fasting) oꝛ to drinke the powder of Turmentill in Sorrell oꝛ Scabious Water fasting: oꝛ else to take the water of Cardus Benedictus, oꝛ Angelica mixt with Methridatum. Also Bay-Berries husht befoꝛe they be drie beaten to powder, and drinke it either in stale Beere oꝛ Ale, oꝛ in Wine, and to sweat vpon it and to sozbeare sleepe.

8 To procure sweat being in your naked bed, by drinking of Posset Ale, sodden with Sorrell and Burrage and mixt with Triacle, but if any fele themselves infected, let them take Angelica water mixt with Methridatum, and after it, sweat in bed vpon it.

9 To preserve your selues by correcting the ayze in your houses, It is necessary that you take Rosemary, drie Iuniper, Bay-leaves, oꝛ Frankenscence, and cast the same vpon a Chafing-dish of coales, and receiue the smoke oꝛ fume thereof into your head, if you haue it, you may put a little Lauerder oꝛ Sage that is dyed into the fire with the rest, and it will be the better.

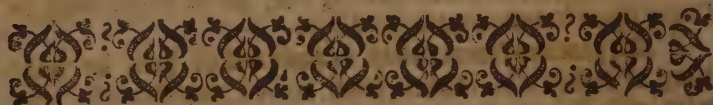
10 Also to preserve your selues otherwise by perfuming oꝛ correcting the Ayze in your houses and Chambers: Take a good quantity of Wine Vineger, and put thereto a little Rosewater, and 10. oꝛ 12. bzanches of Rosemary, and put them all into the Balon: then take 5. oꝛ 6. Flintstones, and heate them red hot in the fire, and cast them into the said Vinegar, and so perfume your Chambers oꝛ other Rumes therewith as often as you shall thinke mate, and let them be so done one after another.



## Especiall Obseruations

11 Likewise to preferue your selfe by persuming of your Apparell : take the same apparell that you doe usually weare and let the same bee kept swæte and cleane, and persume it often, either with red Saunders burnt, or else with Iuniper : And if you happen to be with any that are infected, as soon as euer you come home, thist your selfe immediately, and ayze your cloathes as aforesaid, or otherwise ayze them well in some open Ayze.

12 Lastly, if the patient be costive, and hard bound in his belly, then let him take a Suppositarie made with a little boyled Hunny, and a little fine powder of Salt, and so take it in at the Fundament, and so let it be kept therein till it moue a stoule or two.



## PRESERVATIVES

(Corporall) against the Plague

and Pestilence.

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A most singular good preferuatiue to bee taken against all manner of bad and corrupt Ayres, in places infected.

**T**Ake a handfull of Sage, and seethe it in a gallon of sayze running Water, and let it seethe vntill the one halfe be consumed, then couer it close and set it ouer the fire againe, and put into it a good quantitie of Hunny, and as much Treacle, and then scum it cleane, and put it into a glasse, and stop it close, and when you will vse it, drinke 5. or 6. spoonefulls of it fasting, and it will preferue you from taking of any euill Ayres all the day after wheresoeuer you goe.

An



## against the Plague and Pestilence.

Another good preservative to be vsed against the Plague when you goe into an open ayre, or else where common assemblies are.

**T**ake a sponge and dip it in Vinegar and Rose-water mingled, or else in Vinegar wherein Wormewood or Rue haue bene boyled in, and vse to smell often thereto.

An excellent Pomander to be vsed against the ill fauoured sent of the Plague.

**T**ake the quantitie of 4. pound of Olibanum Labeanum, and put to it a pound weight of the stroughest Vinegar that may be gotten, and set them to seethe in an earthen pot for a good space, then take the quantitie of a pound of pure yellow Wax, and a little Turpentine, and let them be mingled and bruised together in a brasle Morter, & then put thereto in 3. or 4. ounces of Storax Liquida, and let it bee made thicke like unto paste, and so make thy pomanders, and if thou wilt haue the same sweeter, then put therein halfe an ounce of Spikenard, and of Cloues beaten to powder and Muske Roses, of each of them 2. ounces, and of Camphire a dram, and so make it vp at pleasure.

Another of the same.

**T**ake fine Cinamon, Cloues, Amber, Nutmegs, Storax. Camomill, Iuniper and Red Roses, and beate them all together, and make a powder thereof, and then mingle the same with Rose water and so make a pomander thereof.

A speciall good drinke to be vled of all such as are griued with the Plague or Pestilence, during all the time of their sicknesse.

**T**ake a quarter of an ounce of great Valerian, a handfull of Sorrell, and an ounce of the Rootes of Butter-burrie, otherwise called Pestilent-wort) and boyle them in sayre Running Water and White-wine of either like much from a quart to a pint, and straine it and put thereto two sponfulls of Vinegar, and two ounces of fine Suger, and then boyle them againe, and then let the party griued drinke a good draught thereof as hot as possibly he may abide it, and if he



## Especiall Obseruations

hap to cast it by againe, then let him drinke the like draught immediately vpon it, and prouoke himselfe to sweate.

A speciall good Preseruatiue against the Plague.

**T**Ake an Egge, and make a hole in the top of it, then take out both the Yolke and White, and fill the shell with the waight of 2. French Crowns of English Saffron, & then roast the Shell and Saffron together in the Embers of Charcoles, untill the shell waxe yellow, then beate them together in a mortar with halfe a sponfull of Mustard-seed, and as soon as any suspicion is had of infection, dissolve the weight of a French crowne in 10. sponfulls of Posset-ale, & let the patient drinke it luke warme, and sweate vpon it in naked bed.

Another of the same.

**T**Ake a handfull of Herbe-grace (otherwise called Rue and Sorrell of either a handfull, of Elder-leaues, a handfull of Red Sage, and a handfull of Red Bramble leaues. and stampe them well together, and straine them thzough a fine cloth, with a quart of White-wine, then take a good quantity of Case-Ginger and mingle it well with them, and drinke a good draught thereof both Morning and Euening, for the space of 9. daies together, and by Gods grace it will preserue you.

Another for the same.

**T**Ake a good quantity of Garlicke, and pill it, and mince it small, and boyle it in new milke, and eate it euery Morning fasting. This hath beene truly proued.

Another for the same.

**T**Ake 2. Figges, 2. Walnuts, 20. Leaues of Rue, and a dram of Salt, and stampe them all very well together, and eate them fasting, and it will preserue you all the day after: as well against the Plague, as also against any other payson.

Another for the same.

**T**Ake Aloes Hepatica, pure Cinamon and Mirrh, of each of them thzee drams, of Cloues, Mace, wood of Aloes, (commonly call Lignum Aloes, Masticke and Bole Oriental, of each of them one ounce, mixe them together, and make them



## against the Plague and Pestilence.

them into a fine powder, and drinke the same fasting every morning, either in white Wine delayed with water, or else with Ale, (but if it be with Wine, mingle it with a little water, but mingle nothing with the Ale, and by Gods helpe this will preserve you.

Another good Preservative used by Methridates.

**T**ake Figges which are not woyme-eaten, and wash them cleane, and of the kernels of Walnuts cleane picked, of each of them an 100. the weight of foure pence of Salt, and of the leaues of Hearb-Grace the weight of 2. shillings. Then take the Figs and the kernels of the Walnuts, and cut them in pieces, and stamp them well, & then put the Leanes vnto them, and stir them very well together, and then straine the Salt with the rest, and stir it vntill it be incorporated, and made of one substance, then put it into some Earthen pot or Gallipot, wherein it may be kept both sweet and cleane, and when occasion serueth for vse thereof: take the quantitie of 2. or 3. Figs thereof, and eate it every morning fasting, and by Gods helpe it will preserve you. If you giue it to young children, the one halfe of the same will serue.

Another for the same.

An excellent good Medicine against the Plague.

**T**ake an ounce of the leaues of Hearb-grace, halfe an ounce of good Figs, an ounce of Iuniper berries, 2. ounces of Walnuts cleane picked, 4. ounces of Wine Vinegar, and a good quantity of Saffron, and stampe them all together, and then put them into a glasse or Earthen pot, that is cleane, and stop it close that no ayre may issue forth of it, and when you haue occasion to vse it, then take it out either vpon a knives point (or some other instrument fit for that purpose) the quantity of a Beane or somewhat more, and eate the same in the morning fasting, and by Gods helpe you shall be sure not to be infected with the Plague, for the space of 24. houres, after the taking thereof, and you shall finde that it will doe the Patient exceeding much good.



## Especiall Obseruations

A Soueraigne Drinke (if it be taken in time) to preserue one against the Plague or Pestilence.

**T**ake the quantity of a dram and an halfe of Powder Imperiall, a dram of Triacle and of Dragon Water, and Sorrell water, of each of them an oz. and drinke it with Ale in the Morning fasting, (and if one haue taken the infection within 24. houres before, yet by Gods grace he shall escape it. This hath bene truly proued in the last great visitation, and hath done much good.

Another for the same.

**T**ake Hearbegrace, Sage of vertue, red Bramble Leaues, and Elder leaues, of each of them a good handfull, stampe them altogether and straine them through a fine linnen cloth with a quart of the best old white Wine that may be gotten and put therein 3. pennyworth of pure good Ginger finely beaten to powder, and let any one (fearing or misdoubting the Plague) drinke euery Morning fasting a good spoonfull of it, and let him or her vse it for the space of 10. or 12. dayes together, and it will doe (by Gods grace) exceeding much good, for this hath bene holden an excellent good preseruatiue against the infection of the Plague.

Another good preseruatiue against the Plague or Pestilence.

**T**ake Scabious and Morris Diaboli, of each of them such a quantitie as to your owne iudgement shall be thought meet, stampe them very well, and then straine them, and then take the iuyce of them, and set it vpon the fire, and then you shall perceiue a Greene curde to arise vpon the top of it, but scumme that off as cleane as you can, then take the cleere liquoz, and put into it three quarters of a pound of the finest white Sugar that may be had, and so let it seethe untill the one halfe of the liquoz be consumed, then take it off, and so keep it safe, and when occasion serueth, let the party take the quantity of three spoonfulls thereof at a time, both Morning and Evening (like warme) and this will preserue one greatly. Probatum est.

Another



## against the Plague and Pestilence.

Another for the same.

**T**ake Butter-milke and eate thereof euery day during the time of sicknesse, and it will doe you much good.

Another for the same.

**T**ake 5. Spoonfulls of Wine-Vinegar 3. Spoonfulls of faire Running water, di. a Spoonfull of Triacle of Iene and of Bole Armoniacke, as much as a small Nut (it being beaten to small powder) and drinke it euery Morning and Euening. Proued by M.K. of An.

Another for the same.

**T**ake 7. or 8. leaues of Sorrell, and wash them in faire Water and Vinegar, and steepe them in the said Water, and Vinegar a good while and eate them fasting.

Another for the same.

**T**ake the finest and purest Alloes that may be gotten, and of Cinamon and Mith, of each of them the weight of 3. French Crownes (or the weight of 2. pence in siluer) and of Lignum Aloes, Cloues, Mace, Masticke, and Bole Orientall, of each of them di. an oz. mingle them together, and beate them into fine powder: then take the weight of 4. pence thereof, and delay it into white Wine and faire Water, and so drinke it euery Morning fasting.

An excellent good Drinke to be taken euery morning  
for a preseruatiue against the Plague.

**T**ake a good handfull of Winter-Sauery, and boyle it in a quart of good Wine Vinegar, with a Spoonfull of Greines (being beaten and put into it:) and put thereto a good quantity of fine Sugar, and take a good draught thereof euery morning fasting. Also if you must of necessity come into any place where any infectious persons are, then it is good for you to smell to the Root of Angelica, Gentian, or Valerian, and to chew any of these in your mouth, and you shall finde much vertue in them. Probaturum est.

A maruellous good Medicine for the Plague.

**T**ake 3. or 4. slips of Herbe-grace, and 6. Spoonfulls of Vinegar, and beate them both together in a Morter, then straine out the iuyce of it cleane, and put thereto an ounce



## Especiall Obseruations

of pure Triacle, and an ounce of fine Sugar, and set it on the fire, and stirre it well together, and make thereof a Sirap, and then put it into a close Bore, and when you will vse it, take a Sage leafe and spread as much as a Beane of the same vpon the leafe, and so eate it euery Morning and Euening, and it will doe you much good. Also if any one bee infected and vse this often, it will quite expell the Plague from his heart: but if hee be not infected, it will preserve him within the space of 24. houres after the receipt thereof.

Another for the same.

Take euery Morning fasting, a dry Fig, a Walnut, and 4. or 5. leaues of Hearbe-grace, and chop them altogether very small and eate them, and afterwards drinke a good draught of White or Claret Wine: but if it bee a woman with Child, leaue out the Hearbe-grace.

Another for the same.

Take a pinte of Honey, a quarter of a pound of Bole Armoniacke, and as much Sanguis Draconis, and as much of Terra sigillata, halfe an ounce of Cloues, and a pinte of Aqua vitæ, and sethe them all together, vntill they bee all as thicke as pap, and when you will vse it, take the quantity of a spoonfull thereof first and last, but take heed that you doe neither walke nor drinke, for the space of an houre after the taking thereof, and this will doe you maruellous much good.

A good Preseruatiue for a Woman with Child, or such as are delicate or tender, that cannot away with taking  
of Medicines.

Take a tosse of White or Wheaten Bread, and sprinkle thereon a little powder of Cinamon, and eate it in the Morning fasting. But if Cinamon or Vineger be not to be had: then you may eate Bread and Butter alone; for Butter is not onely a preseruatiue against the Plague: but also against all other venome and poysons.

An excellent good Medicine to bee drunke, suspecting your  
selfe to bee Infected.

Take a great Onion, and take forth the Core, then fill it full againe with Triacle of Iene, and wrap the same in a peece of paper,



## against the Plague and Pestilence.

per, and roast it buttill it be soft, and then straine it with a little White Wine Vineger, and temper it with a pretty quantitie of Sugar, and giue the patient two spoonefuls thereof to drinke fasting, and if he bee infected with the Plague, it will bee perceived with in fire houres after the receipt of the same drinke.

Another good preseruatiue against the Plague.

**T**ake Rootes of Bayes, May-weede (both leaues and rootes) of each of them a like quantitie, a good quantitie of Triacle of Iene, and a small quantitie of Dragon Rootes and Leaues, and mingl: them well together with Ale, and make a Posset thereof, and so vse to drinke dayly thereof, and you shall finde great comfort thereby.

Another preseruatiue against the Plague.

**T**ake a Figge, and put therein a little Hearb-Grace bruised, and mingled with a little Bay Salt beaten small, and the Kernell of a Walnur cleane picked, and let the patient vse euery Morning to eate thre or foure of these Figs thus ordred fasting, and let him drinke a good draught of Wine or Ware afterwards, and then walke an houre after it, before he eate any meate, and so by vsing of this euery Morning as aforesaid, by Gods helpe he shall be safe from any infection.

Another for the same purpose.

**T**ake Wormwood and Rue, of each of them a handfull, and bruise them a little, and put them into an Earthen or pewter pot, with as much white Wine Vineger as will couer the hearbes, and keepe it close stopp'd, and when you feare any infection, dip a little peece of a sponge into the Vineger, and then put it either into a round Ball made of Iuory or Iuniper, with little holes on the top, or else the Rinde of a Lemmon, (having opened on the top, and all the substance taken forth) and carry it in your hand as you goe in the streets, and so vse to smell often vnto it, and it will preserue you greatly.

Another excellent good preseruatiue against the Plague.

**T**ake halfe an hundred of Greene Walnuts, (being new taken off, as they hang Greene on the Tree, a pound of the inner Barke of an Ash-tree, and of Pettymorrell Housleeke, Scabious, and Veruaine, of each of them a handfull and



## Especiall Obseruations

halfe an oz. of Saffron, and mince them altogether, and put a pottle of the strongest Vinegar to them that may be gotten, and boyle them ouer the fire in a pot close stoppt, and afterwards distill them in a Lynbecke: then take the same water, and keepe it in a Glasse, and when occasion serueth for vse thereof, drinke 4. oz 5. ounces thereof at a time, and so vse to take it 4. times in 24. houres space, and when you doe take it, be sure to be in your naked bed, and prouoke your body to sweate, and in so doing you shall sustaine great comfort both to heart and body. Probatum est.

Another good Preseruatiue for the same purpose.

**T**ake tenne graines of powder of Saffron, twenty Greines of the Kernels of Walnuts cleane picked, two or three Greines of Figges, three Greines of Methridatum, one oz. of Pimpernell Water, and sixe Sage leaues: stampe all these together, and put it into a close glasse, and eate thereof euery morning fasting the quantitie of 12. Graines, and this by Gods helpe will preserue you.

Another for the same.

**T**ake a good quantity of Rue, otherwise called Hearbgrace) or Wormewood (or both if you please) and put it into a pot of vsuall drinke, and let it steape for the space of a whole night, close stoppt, and drinke thereof in the Morning fasting, and by often vsing of it, it will both purge the blood and preserue you from the disease: Also if you take 7. or 8. Berries of Iuniper dyed, and made into fine powder, and put the same into your drinke, wherein the Rue and Wormewood hath bene steeped as aforesaid, it will be much the better, and of a farre greater vertue: but if you cannot get any Iuniper Berries then take a little powder of Wormewood, and powder of Valerian, and vse it in your drinke as aforesaid.

Another for the same.

**T**ake powder of Turmentill the weight of 6. pence either in Water of Scabious or in Sorrell water in the Summer, but if it be in the Winter: then take it with Water of Valerian, (if it may be gotten) or else with some other ordinary drinke, and it will doe you exceeding much good: Likewise a peece of

Arras  
Roote,



## against the Plague and Pestilence.

Roote, kept in your mouth, as you walke in the streetes, is marvellous good and Cordiall.

Another for the same.

**T**ake Rue, Mandragoris, Fetherfew, Burnet, and Sorrell, of each of them halfe a handfull; and a good quantity of crops and rootes of Dragons, wash them all very cleane, and seethe them on a soft fire in faire running Water, from a pottle to a quart: then straine them through a fine linnen cloth, and if it be bitter, put thereto as much Suger Candie, as will make it sweet, or else some other fine Sugar, and if this Medicine be ministred befoze the Purples doe arise, it will helpe, but it must be taken euery morning fasting.

An exceeding good Medicine to be taken against the Plague.

**T**ake an oz. of the leaues of Herbe Grace, halfe an oz. of good Figges, an oz. of Iuniper berries, 2. ounces of Walnuts cleane picked, 4. ounces of Wine Vinegar, and a good quantity of Saffron, and stampe them altogether, and put them into an Earthen Pot or Glasse, and stop it close that no ayze may issue out, then take some of it forth vpon a knives point, or else with some other instrument (to the quantitie of a Beane or more) and eate it in the Morning fasting, and by Gods grace, it will preserue you from infection for 24. houres after the taking of it.

Another for the same.

**T**ake Betony water, and white Wine Vinegar, of each of them 3. spoonfulls, and the quantitie of a Nozeng of Triacle of Iene, or else the quantitie of a halfe Put of Methridatum, and mingle them altogether, and let the sicke person take it in the beginning of his sicknesse, and this will doe him exceeding much good.

Another for the same.

**T**ake Hearb Grace, Southernwood, Mugwoort, and Wormwood, of each of them a handfull, and 3. or 4. handfulls of Iuniper Berries which are blacke, and then cut and shred the hearbes very small, and put them into an Earthen Pot or Pipkin, and put to them a gallon of white Wine Vinegar, and let them steepe there for the space of 7. nights, (if they be dry, but if



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they be greene, then let them not soke about 14. houres ) then take a handfull or two of the same hearbs forth, and put them into a Still, and then put therein a quart of the same Vinegar, and so distill them with a soft fire, (for ouermuch fire will waste it, and when it is distilled, put as much more as aforesaid into the Still, and so doe untill you haue distilled all. What being done, put it into a Pipkin or earthen vessel againe, and then put therein as many of the same hearbes fresh now againe as you did before, and then let them soke for the space of 7. or 8. dayes and nights more, and then distill them againe (as you did before) and so vse the hearbs and Berries, the third time againe as you did the first before: and then put into the Pipkin 4. ounces of pure and good Methridatum, amongst the hearbes, or if it cannot be had, take 6. or 7. ounces of good Tiaele, and put therein: and when it is well distilled, put it into a double Glasse, and stop it close, and binde a piece of cleane Weather about the top of it, and so keepe it close, and when occasion serueth for vse thereof, and that you perceiue any one to bee infected with the Plague; then giue him that is grieved 4. ounces thereof at a time, but if it be a woman, giue her not above 2. ounces, and to a childe according to the age, and as the childe is able to beare it, and let him or her that so taketh it, sweat vpon it for the space of 3. or 4. houres after the taking thereof, but if the patient be able to indure it, let him sweat longer, and let some body stand alwaies by the sicke person, to dry the sweat from his face, leaue that by putting of his or her hands out of the bed, cold be taken, and more danger of death ensue thereby, and with all doubt, by Gods helpe, this will yeld him comfort and helpe in a short space. This is a maruellous good Medicine, and hath bene often times of late experienced: this is also good against the Pestilence, being much vsed as aforesaid.

An excellent good drinke, generally to be vsed for all sorts of people, that are infected with the Plague, and to be made with small cost.

**T**ake Burrage. Burnet, and Marigolds (which are of a browne colour) of each of them a good handfull: then take 9. or 10. crops of the youngest Rosemarie, and boyle all these together in



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In a quart of stale Ale clarified: then put therein a little whole Mace, and a pretty quantity of fine Sugar, and a crust of White or Wheaten Bread, and let the sicke person drinke of this during all the time of his or her sicknesse, and this will be most comfortable and good.

Also use to put Pimpernell in the sicke persons broth, that you doe commonly make for him either to sup or eate, and it will be the better.

Another good Drinke to be vsed to those that are infected with the Plague.

**T**ake Berries of Iuy (that are ripe) (gathered on the North side of the tree,) and dry them in the shadow: and then stamp them to powder: then take di. a dram of the same powder, and temper it well with 2. ounces of Plantine Water, and when the sicke person is desirous to drinke, let him take a good draught thereof: and let him remaine in his bed, and sweat as much and as often as he can, after he hath taken it, then warme a cleane shirt for him and put it on, (and if his shirts may be shifted often, it will be the better after his sweating) and likewise his sheetes and clothes, and in vsing of this for the space of 3. dayes together, he will either dye or mend without all doubt (by Gods helpe.) This hath beene truely proued.

Another precious Drinke for one infected with the Plague.

**T**ake Fetherfew, Matfellen, Mugwoort, Solsequi, Scabious, and Mallowes, of each of them alike quantity, wash them cleane, and stampe them, and temper them well with stale Ale, and giue it the sicke person to drinke, (the quantity of 6. spoones fulls thereof at a time) and if it be taken in time, it will both destroy the corruption: and also keepe the sicke person from all danger of death. Probatum est.

Another for the same.

**T**ake a good quantity of Scabious water. and Betony water, and mingle them together with a good quantite of Triacle of Ieane, and giue it the Patient to drinke immediately after that hee suspecteth himselfe to bee infected. And if it happen that the sicke person finde himselfe greatly grieved, and that any swelling begin in any place to grow sore, then take



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take Elder-leaues, Red Bramble leaues, and Mustardseed, and stampe them altogether, and make a Plaster thereof, and lay the same to the soze, and this will both drawe and heale.

Another good drinke to be made and vsed for the same purpose, or otherwise, &c.

**T**ake 3. ounces of Aqua viæ, and an oz. and an halfe of Rose-water, and put 3. drams of perfect good Cinamon, and a dram of Pellow Saunders to steape therein, and when it is well steaped, then straine it through a hayze Strainer, and sweeten it well with the conserues of Roses. and when occasion serueth for the use thereof, take the quantity of an oz. thereof at a time, and giue it the sicke person in the Morning fasting, or else make a tost of fine Panchet, or Wheaten bread, and soke the tost therein, and it will doe him much good.

Another good Drink to be vsed in the time of Visitation.

**T**ake 5. sponesfulls of Dragon water, 7. sponesfulls of the strongest white Wine Vinegar that may bee gotten, 5j. a sponesfull of Triacle of Iene, a quarter of a sponesfull of Bole Armoniacke, beaten into fine powder, and as much or somewhat more of the rote of betwall of Venice likewise beaten to powder, and when any one is infected (or else not) and when he taketh it, let him fast from both meate and drinke for the space of 12. houres after, vnlesse he thinke good to take of the same drinke againe, and he shall receiue great comfort thereby. But if you can get any powder Imperiall, put in a like quantitie as of the rest, and it will bee the better, this must be taken alwayes blood warme, and as often as you shall thinke conuenient your selfe.

Another for the same.

**T**ake an Onion, and make a hole in it, and take out the inner Core, then take Dragon Water, Triacle and Pepper, (bruised) and put them altogether into the Onion, and roast them in the embers, and then bruisse it and straine it with pure Malmsey, and giue it the Patient to drinke. This is a present remedie, if it bee taken before the heart bee infected. Probaturum est.



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A good Medicine to prouoke sleepe to the sicke person.

**T**Ake a good quantity of Womans breast Milke, and put there to a like quantity of Aquavita, stirre them well together, and moisten the temples of the head of the patient, and the nostrils well therewith, and let it be laid on with some feather, or with some fine linnen cloth, and this will doe much good. Probatum est.

A Maruellous good drinke for them that are infected with the Plague or Pestilence.

**T**Ake 2. handfulls of Sorrell and a handfull of Violet leaues, and a bunch of shewer Grapes, and beate all these together, ( stalkes and all ) then straine them with Buttermilke, and make a Posset of the same, and let the sicke person drinke as much thereof as you shall thinke good.

Another good drinke for the same purpose.

**T**Ake Lease-Gold, and mingle it with the iuyce of Lemmons, and a little Sugar candie, Cloues, Mace, and a little quantitie of Liquorice finely pared, and sliced, and let all these be steeped in White wine, or else in good Claret wine, and put there in a good quantity of the powder of Angellica, or else of the Decoction of the same roote, and let the party grieved drinke this swarme, and it will doe him maruelous much good. Probatum est.

Another excellent good drinke for the sicke person.

**T**Ake Cardus Benedictus, Red Sage, Hearb-grace, Elder leaues, and Red Bramble leaues, of each of them a like quantitie, and craupe them altogether in a Posset, and straine them through a fine linnen cloth, with a quart of White wine, and let the sicke person drinke 5. or 6. sponesfulls every day; but if it be taken, and vsed often befoze infection, it will preserve one from the Plague a long space after, Probatum est.

A soueraigne Drinke for any infected person:

**T**Ake a peece of fine Gold, or the leaues of pure beaten Gold, and put it into the iuyce of Lemmons, and let it lie therein for the space of 24. houres, then take the same iuyce, and put to it a little powder of Angellica Rootes, and then mingle them with White Wine, and let the patient drinke a good draught thereof.



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This is a most pretious drinke, and it is greatly to be wondred at, what helpe and remedy some that haue vsed this drinke haue had thereby, although it hath beene supposed by many learned Physitions, that the sicke persons were past all hope of remedy: yet by Gods prouidence they haue recovered againe.

Another good drinke to be taken, either before  
or after Infection.

**T**Ake Betony water, and scabious water, of each of them a good quantity, and a good quantitie of fine Triacle, and temper them well together, and let the patient drinke it, and it will expell the venome or poyson cleane forth. Probaturum est.

Another good drinke for one being infected.

**T**Ake Cardus Benedictus and distill it, and Centorie, and distill it likewise, and mingle the two waters together, and let the sicke person drinke a good draught thereof with Triacle, and it will doe him maruellous much good.

An excellent good drinke for the Plague, if it be  
taken in time.

**T**Ake a dram of Methridatum, and giue it the patient with Dragon water, White Wine, or other liquoz, to drinke when he supposeth himselfe infected first.

An excellent good Poultesse to ripen and bring  
forth the sore.

**T**Ake a white Onion, and cut it in pieces, and three ounces of Butter that is cleane without salt, and the weight of 20. pence of Leauen, and a little Oremeale small beaten, then boyle these together with a little new Milke, or else Water, and make a Poultesse thereof, and lay it very warme to the soze, and it will ripen it suddenly. Probaturum est.

Another for the same.

**I**f the Bothe happen to appeare, then take a good quantitie of Elder leaues, Red Bramble leaues, and Musta dseed, and stamp them well together, and make a Plaiaster therof and apply it to the soze, and it will draw forth all the venome and corruption.

Another



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Another of the same.

**T**ake a handfull of Smalladge, or Louage, if you can get it, and two handfulls of Valerian, and two or three rootes of Dane-wort and seethe them all in faire running Water, and fresh Butter, and put thereto a few crums of wheaten Bread, and make a Poultresse thereof, and lay it warme to the soze, and so let it remaine there untill it breake.

Another experienced Medicine for the Plague.

**T**ake a Cocke, a Chicken, or a Pullet, and pull all the Feathers cleane of the tayle, so that the Rump may be bare, and then hold the Rump or bare place to the soze, and immediately you shall see the Cocke, Chicken or Pullet gape, and labour for life, and in the end it will dye: Then take another Cocke, Chicken, or Pullet againe and doe the like, and if the same die likewise, then take another, and so doe as aforesaid, and let the partie grieved be applyed therewith as aforesaid, as long as any of them doe die.

Another excellent good Plaister to draw the sore.

**T**ake Camomill flowers and Mallow leaues, of each of them an handfull, and cut the Mallow leaues and the Camomill Flowers very small and boyle them in faire running Water. (but let the water be more then an inch aboue the hearbes) and let them boyle untill the water be almost consumed: Then put therein 2. ounces of Lynseede, beaten to fine powder dj. an handfull of Wheaten Flower, 2. ounces of Oyle of Roses, and 3. or 4. ounces of Swines Grease, (the scum being taken away) and temper them well together, and then set them ouer a soft fire, without any smoke, and stir them very well with a sticke, and so let them boyle together, untill you perceiue the water be quite consumed: Then take them off the fire and beate them well together in a Morter, untill you see them well incorporated together, and in feeling to be smoothe and not rough: Then take a partell thereof, and heate it either in a Porrenger, or else in some Earthen dish vpon a Chafing-dish of Coales, and then spread it thicke vpon a fine linnen cloth, or else vpon a peece of Leather, and so apply it to the soze, and this will draw it according to your owne desire. Probatum est.



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Another of the same.

**T**ake a new Loafe of Bread, and lay it to the soze as hot as it may possibly be suffred, ( as it cometh forth of the Oven ) and afterwards let it be burnt or else buried in the Earth, or else take leaues of Scabious or Sorrell roasted, or else 2. or 3. Lilly rootes roasted vnder the embers, and applyed to the soze, all these are good to ripen the soze.

A very good Plaister to draw the Plague sore to a head: and to breake it.

**T**ake 1. handfull of Mallowes, 1. handfull of Linseed, a handfull of soluzed Dow, and 2. or 3. Lilly rootes, and stampe all these together very small, and boyle them in a quart of Wine Lees, battill it be thicke, then lay it on such thicke or more vpon a piece of Leather, that is somewhat broader then the soze, and let the borders of the Leather be plaistred with shoemakers ware, and that will cause it to cleaue fast, and this will bring forth the Botch, and breake it in a very short space. This hath benee truely proued.

Another Plaister to draw the sore.

**T**ake a spoonfull of Hunny, 2. or 3. spoonfulls of the ioyce of Spurge, a spoonfull of Turpentine, and a good quantitie of wheaten Flower, and temper them well together without any fire, and make thereof a Plaister, and lay it to the soze, and at the end of euery 4. houres renew the Plaister, and this will draw it wonderfull much.

Another for the same.

**T**ake 2. handfulls of Scabious, and stampe it in a Morter, then temper it well with two ounces of Swines grease, that is salted, and the Yolke of an Egge, then stampe them altogether, and it will draw it exceeding well.

FINIS.



